

## Weekly Lesson Plan- Physical Education 4K-2

Teacher: **Dollar**

Strand:      →Movement Competency      Cognitive Abilities      →Responsible behavior      Lifetime Fitness

Date	Unit/Objective	Equipment	Lesson
<p>March 28<sup>th</sup>, 2017</p> <p>Lesson 1</p>			<p><b>Intro: (5 min) Warm-Up</b> Students will do 3 laps: first lap walking, second lap skipping, and third lap running. Then class lines up on the black lines as teacher leads them in stretches: arms, legs, jumping jacks, push-ups, sit-ups, planks, wall sits, etc.</p> <p><b>Game/challenge: (30 min) Musical Hula Hoops</b></p> <p>Hula hoops are scattered around the gym floor. There are enough hula hoops for all students, except one. The students will do different movements (run, walk, hop, skip, etc.) while music is playing. When the music stops they must stand in a hula hoop. The one that is out gets to pick the next movement.</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths and stretches</p>

Date	Unit/Objective	Equipment	Lesson
<p>March 30<sup>th</sup>, 2017</p> <p>Lesson 2</p>			<p><b>Warm up: (10 min)</b> Students will do 3 laps: first lap walking, second lap skipping, and third lap running. Then class lines up on the black lines as teacher leads them in stretches: arms, legs, jumping jacks, push-ups, sit-ups, planks, wall sits, etc.</p> <p><b>Game/challenge: (30 min) Stations</b></p> <p>Divide students into four groups. Groups rotate to each station. Stations last 5-7 minutes.</p> <p>Station 1: Bean bag toss/Ring toss Station 2: Jump Ropes/Ribbon wands Station 3: Balls/Frisbees Station 4: Scooters</p> <p><b>Cool Down: (5 min)</b></p> <p>Group high-fives, deep breaths, stretches</p>